

Healthy Snacks Grocery List

Snacks give you energy when you need it. Making snacks a part of your daily food plan can help keep you from eating too much at meals and help you control your weight. Spacing snacks throughout the day can help prevent headaches and keep you from getting tired.

Choose whole-grains, more fresh, whole fruits and raw vegetables. Add a piece of reduced-fat cheese for a longer lasting snack. Take snack foods with you so you have something healthy to eat when you are hungry.

➤ Sweet

- Fresh Fruit
- Dried Fruit
- Fig Bars
- Graham Crackers
- Gingersnaps
- Animal Crackers
- Low-Fat Muffin
- Power Bars
- Trail Mix

➤ Crunchy

- Raw Carrot Sticks
- Celery Sticks
- Fresh Apple
- Dry Cereal
- Low Fat Crackers
- Air-popped Popcorn
- Rice Cakes

➤ Cool

- Ice Milk or fat-free frozen yogurt
- Frozen juice bar
- Fat-free or Lo-fat milk
- Sugar-free soda
- Iced tea
- V-8 juice

➤ Smooth or Creamy

- Fat-free Pudding
- Fat-free Yogurt
- Fruit Smoothie
- Applesauce
- Peanut Butter on Whole Wheat Bread

➤ Hot

- Hot apple cider
- Fat-free Cocoa
- Vegetable or bean soup

➤ Salty

- Fat Free Pretzels
- Dry Roasted Nuts
- Baked Tortilla Chips
- Reduced-fat Cheese
- Lean Deli Meats